



WORKING WELLNESS

Good Health is Good Business

OCTOBER
2015

is...

Ovarian
Cancer
Awareness
Month

Breast
Cancer
Awareness
Month

National
Down
Syndrome
Awareness
Month

Health
Literacy
Month

Eye Injury
Prevention
Month

With

Mental Illness
Awareness
Week

For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at
<http://healthfinder.gov/NHO/nho.aspx>

2015 OPEN ENROLLMENT



Nov. 9th – 25th



This is your **one opportunity** in the year where you can **make voluntary changes** to your insurance coverage and that of your eligible dependents.

Open Enrollment Packets will be distributed next week through your Employer or Department Head.

If you have not received your Open Enrollment Packet by Monday, November 9th please contact the **Benefits Department at 305-292-4446.**

To obtain an Enrollment Form or Premium Payment Election Form to make changes, please call Mary Moeller at 305-292-4446.

All changes MUST be submitted to the Benefits Department - Courier Stop #1 no later than November 25th @ 5pm.

NO CHANGES - DO NOTHING – CURRENT COVERAGE WILL ROLL OVER INTO 2016



THANK YOU AGAIN TO ALL OF OUR LOCAL BUSINESSES THAT DONATED DOOR PRIZES TO OUR 2015 HEALTH & WELLNESS FAIR



Shannon Velazquez 305-395-9105

<https://svelazquez.scentsy.us/static/viewmycatalog>



305-451-2929

<http://www.themindfulmermaid.com/>



305-451-6464

<http://www.gnc.com/home/index.jsp>



305-664-8070

<http://www.robbyies.com/>



305-451-4655

<http://keylargoprincess.com/>



305-451-3902

<http://ecoeats.net/>



305-852-8600

<http://www.onshoretherapy.com/>



305-872-9788

<http://www.caregiversofthekeys.com/>



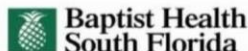
305-664-2431

<https://theaterofthesea.com/>



Key Largo Yoga 305-879-0377

<http://keylargoyogayoga.com>



Mariners Wellness Center 305-853-3700

<https://baptisthealth.net/en/facilities/mariners-hospital/pages/wellness-center.aspx>



305-290-2151

<http://www.plantationkeync.com/>



305-664-9737

<http://www.divingmuseum.org/>



305-664-4651

<http://www.cheeca.com/>



305-852-7200

<http://www.konakairesort.com/>



Café Moka 305-453-6271

Check out Facebook



In-network provider Travis Bennett DMD

305-451-2616

<http://www.everyonelovesagentledentist.com/>

In-network provider Janis Jeffers DMD

305-664-4282

Check out Facebook



TheMetalEdge.com

917-577-8495

<https://themetalede.com/>

Paddleboard the Keys

Call Sue @ 321-377-4522

<http://www.paddleboardthekeys.com/>



305-289-0222

<http://www.holidayinnexpress-marathon.com/>



<http://marathonfloridakeys.place.hyatt.com/en/hotel/home.html>



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<https://svelazquez.scentsy.us/static/viewmycatalog>



305-872-3945

<http://www.goodfoodconspiracy.com/>



305-289-0707

<http://www.islandptcenter.com/>

Food For Thought

We Make Healthy Living Delicious
305-743-3297

305-743-3297

<https://www.facebook.com/Food-for-Thought-141347890209/timeline/>



305-872-9788

<http://www.caregiversofthekeys.com/>



305-872-7679

<http://www.lowerkeystackle.com/>



305-289-7445

<http://www.sparkyslanding.com/>

Best Nail Salon in
Big Pine Key
305-515-0342



305-304-4585

<http://bigpinephysicaltherapy.com/>



305-290-2151

<http://www.plantationkeync.com/>



305-407-3262

<http://www.floridakeysaquarium-encounters.com/>



305-872-0130

<http://www.bigpinebikes.com/>



Marathon Zumba 305-481-7604

<https://www.facebook.com/Marat-hon-Zumba-Fitness-120149684735517/timeline/>



305-432-1401

<https://www.facebook.com/SerenityEcoTherapy>



305-942-1480

<http://www.fullcirclewellnessfl.com/>



305-872-7474

<http://www.keyskayaktours.com/>



In network provider William Tycoliz DDS

in Summerland Key 305-745-1522

<http://www.summerland-dental.com/>



305-509-1113
<http://yeoldeenglishflyshop.com/>



305-896-4637
<http://www.eskyrods.com/>



305-294-8866
<http://www.keywestphysicaltherapy.com/index.html>



Shannon Velazquez 305-395-9105
<https://svelazquez.scentsy.us/static/viewmycatalog>



305-296-5515
<http://www.thecafekw.com/>



305-294-6911
<http://www.gnc.com/home/index.jsp>



855-378-6386
<https://www.sunsetwatersportskeywest.com/>



<http://keywest.hyatt.com/en/hotel/home.html>



855-990-0197
<https://www.furycat.com/?nck=front>



305-296-7701
<http://www.oceankey.com/key-west-fl-spaterre.aspx>



305-296-8252
<http://www.tervis.com/>



305-292-3999
<http://oldtownfitness.com/>



305-296-8100



877-761-3456
<http://www.tropiccinema.com/>



305-292-0703
<http://colespeace.com/>



305-295-9898
<http://lazydog.com/>



305-292-2930
<https://www.facebook.com/BodyZoneKeyWest>



305-294-1073
<http://thebikeshopkeywest.com/>



<http://www.smalldog.com/>



305-294-4120
<http://www.theparadisehealthandfitness.com/>



305-296-2002
<http://www.paninikw.com/>



KEY WEST
 RESORT & MARINA
 305-294-4000
<http://www.westinkeywestresort.com/dining>



305-304-1701 Luanne Dougherty
<http://www.marykay.com/en-US/~/layouts/MaryKayCoreLocator/ContactMe.aspx?c=NII7IM5N2EY2UzYy00MzY2LThkODAtQDc2MGRmODVIN2MxcgP1Tv8nEvZk=&d=471587800&f=1&coy=1>



305-295-8222
<http://www.keywestislandgym.com/>



In-network provider Oppenheimer Eye Clinic
 305-294-5503 Check out Facebook



Home Health Care
 305-872-9788
<http://www.caregiversofthekeys.com/>



305-296-4888
<http://www.keywesthealthandrehab.com/>



305-296-2988
<http://www.keywestbutterfly.com/>



the company for women
 305-304-2764 Valerie Barrera of KW
www.youravon.com/vbarrera



In network provider Jason Manchester DMD
 305-296-2722

SPOTLIGHT OF THE MONTH: OVARIAN CANCER

Everyone recognizes October as Breast Cancer awareness month but what about all of the other cancers out there? Ovarian cancer is a very important cancer to be aware of and take precautions. Some signs and symptoms you may have are swelling of the stomach, sudden weight gain or bloating, persistent pelvic or abdominal pain or pressure, trouble eating or feeling full quickly, feeling the need to urinate urgently or often, etc. Getting your preventive care screening (pap smear) done that is covered 100% under our group health plan (if you go in network) can help you catch Ovarian cancer in its early stages and save your life.

Check out the link below for more information on Ovarian Cancer and to read a special story:

<http://www.ovarian.org/>

<http://www.fancyboltsaprons.com/nicole-s-story/>

.....
**NATIONAL
OVARIAN CANCER
AWARENESS MONTH**
.....

SPOTLIGHT OF THE MONTH: QUANTUM EAP

The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation**.

**** For employees that missed the EAP Workshop in June:** The Employee Assistance Program Workshop and Communication in the Workplace Training videos are now available via the Monroe County Intranet Portal and are located under the training video heading. The workshop featured a session designed especially for those in supervisory positions and a separate session designed for all employees. In addition, the power point presentations that go along with the workshops are also available to you by contacting the employee benefits office.

Go to their website <http://www.accessqhs.com/> and in the top right corner of the initial page you will see a red icon that says "employer support". Click on that link and then you will need to login with the password QHSmanager (the login is case sensitive). You will see material for download and copy as needed . . . also an employee and supervisory video.



Available 24/7 @ 1-877-747-1200

Or

Check out their website

<http://www.accessqhs.com/>



COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.



A Single Second

It takes a **minute**.....

to write a safety rule.

It takes an **hour**.....

to hold a safety meeting

It takes a **week**.....

to plan a good safety program.

It takes a **month**.....

to activate that program.

It takes a **year**.....

to win a safety award.

It takes a **lifetime**.....

to make a safe worker.

But it takes only a second

to destroy it all

with one accident.

Make sure you take the few extra seconds to do the job

the right way and stay safe.

Climb down and move the ladder instead of reaching too far...

Put your safety glasses on...

Get help lifting that heavy box...

Better to take a few seconds now than spend a long time recovering from an injury.



If you need assistance with W/C please contact Tammy Sweeting @ (305) 292-4507.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

A word from the Safety Officer

Halloween Safety

A sad but true fact of life is that there is a small segment of the population that may take the opportunity this time of year to prey on children. Teaching kids to be Safe and practicing a few Safety Rules ourselves can help take the worry out of Halloween fun.

Before You Go Out:

If you haven't done so already, go to:

<http://offender.fdle.state.fl.us/offender/homepage.do?sessionId=7jl-FHXBLK4zl04aytLxIMwT>

and check FDLE's website to identify Sexual Offenders and Predators that may be living in the area where your kids are Trick-Or-Treating. This site is available to check any address or area in Florida.

Be sure the kids know basic Traffic Safety Rules.

Dress kids in light, reflective clothing and give each one a light source (flashlight, glow stick etc.).

Try your best to keep kids from eating candy until it can be inspected by an adult.

While You're Out:

Stay in a group and watch out for traffic.

If the kids go out alone, know their route and make a time in advance to meet back at home.

Let kids know that some "Tricks" could lead to criminal charges.

Halloween Factoids:

Halloween candy sales average about 2 Billion dollars a year in the U.S.

Chocolate candy bars top the list as the most popular candy with Snickers being #1.

The fear of Halloween is known as Samhainophobia.

